

AMEND THE ABSTRACT:

[Following revisions in addition to those made in Amendment of Dec 23, 2010:]

This pedal exerciser allows normal walking and running in place on pedals (16, 17) reciprocal back and forth [[, with means for]] by returning the pedal from varying strides to a forward step-down position in response to user's end of stride action of stepping down on the forward pedal and lifting the other foot at the rear. [[The means for returning applies a]] A return force is applied to a pedal only during its return stroke, avoiding [[a]] the high force opposing user's stride [[as occurs with]] of elastic return [[means]] devices. This enables high return forces to return the pedals at high stride rates and long strides without high user stride effort, making possible pedal exercisers allowing normal, varying walk-run strides as on [[a]] powered treadmills but without a motor drive. Mechanical and pneumatic versions are described, manual and motorized, providing cushioned step-down with automatic stride length, speed variation and stopping [[means (131, 132)]] responding to user's foot force.